

<b>Term 2</b> <b>April/May</b> <b>2018</b>	Contact details: Phone 07 5463 1499 Email : <a href="mailto:info@scenicrimaquafitnesscentre.com.au">info@ scenicrimaquafitnesscentre.com.au</a> Website: <a href="http://www.scenicrimaquafitnesscentre.com.au">www.scenicrimaquafitnesscentre.com.au</a> PRICES: GENERAL USE: \$5/ Students\$2.50 Aqua Classes:\$10 per session Learn To Swim:\$16.50p/l
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FACILITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hydrotherapy Pool	Aqua Pole Class Caroline 6.30am-7.20am	<b>Intermediate Aqua</b> 6.40-7.30am Maree		<b>Intermediate Aqua</b> 6.40-7.30am Maree	Aqua Pole Class Caroline 6.30am-7.20am	
Reception & Deep Pool Access	<b>OPEN 8:30AM</b>	<b>OPEN 8:30AM</b>	<b>OPEN 8:30AM</b>	<b>OPEN 8:30AM</b>	<b>OPEN 8:30AM</b>	<b>OPEN 8:30AM</b>
Hydrotherapy Pool		<b>Hydro Rehab</b> 9.00-10.00am Steve		<b>Hydro Rehab Steve</b> 10.00-11.00am	<b>Intermediate Aqua</b> 9.10-10.00am Lisa	
	<b>Gentle Aqua</b> 9.40-10.30am Maree		<b>Intermediate Aqua</b> 9.30-10.20am Lisa		Wongaburra 10.15-11.15am Fortnightly from 13/4/18	<b>General Use</b> 8.30am-12.00pm
	<b>Gentle Aqua</b> 10.30-11.00am Maree	<b>Jymbilung House(Lisa)</b> 10.30-11.30am 8/1/19 22/1/19				<b>CLOSE 12:00PM</b>
	Rural Lifestyle Options 11.00am-12.00		<b>Ozcare Ipswich (Lisa)</b> 23/01/19	<b>Jymbilung House(Lisa)</b> 11.00am – 12.00midday 8/1/19 22/1/19		
Deep Pool & Hydrotherapy Pool	<b>General Use</b> 11.00am-5.30pm	<b>General Use</b> 11.30am-5.30pm	<b>General Use</b> 11.40am-5.30pm	<b>General Use</b> 12pm-5.30 pm	<b>General Use</b> 10.00am-5.30pm	
Reception & Deep Pool Access		<b>CLOSE 5:30PM</b>	<b>CLOSE 5:30PM</b>	<b>CLOSE 5:30PM</b>	<b>CLOSE 5:30PM</b>	
	<b>Aqua Fitness</b> 5.40-6.30pm Caroline		<b>Aqua Fitness</b> 5.40-6.30pm Maree	<b>Aqua Bootcamp</b> 5.40 – 6.30 pm Caroline		

<b>Gentle Aqua</b>	<i>A low-impact class with gentle exercises for those who are new to aqua or people who are returning from an injury.</i>
<b>Intermediate Aqua</b>	<i>A more experienced aqua class, but can be easily modified for those new to aqua. More focus on strength, cardio and flexibility.</i>
<b>Aqua Fitness</b>	<i>A circuit style class of intermediate to advanced exercises, with cardio intervals, strength training for upper and lower body muscle groups and core stability.</i>
<b>Hydro Rehab</b>	<i>For those with an injury or healing from a surgery, this class is guided by an Exercise Physiologist, through a range of motions, stretching and muscle conditioning.</i>
<b>Aqua Pole</b>	<i>The latest in Aqua fitness- Not simply a pole in the water. Boxing, cardio, toning, improves posture, blood circulation. Burns fat and enhances self esteem.</i>